

Europass Curriculum Vitae



Personal information

First name(s) / Surname(s) **VARONECKAS GIEDRIUS**
Address(es) VALANCIAUS STR. 8-1, LT-00134, PALANGA, LITHUANIA
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E-mail giedvar@ktl.mii.lt
Nationality Lithuanian
Date of birth 12-08-1949
Gender Male

Work experience ADMINISTRATIVE

in a management function at high level

<p>Dates</p>	<p>1 APRIL 2001 - 07 JULY 2002 03 DECEMBER 2000 – 08 JANUARY 2001</p>
<p>Occupation or position held</p>	<p>Director of the Institute</p>
<p>Main activities and responsibilities</p>	<p>Direct management (administrative) responsibilities, supervision of staff, budget, assets and other resources of the institute; Design, development and implementation of the strategic research and business plans of the Institute in collaboration with the Council of the Institute; Development of research infrastructure of the institute; Scientific and administrative reporting; Representation of the Institute.</p>
<p>Name and address of employer</p>	<p>Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania</p>
<p>Type of business or sector</p>	<p>Scientific research in biomedicine</p>
<p>Dates</p>	<p>08 JANUARY 2001 - 02 APRIL 2001 09 MARCH 1998 - 02 DECEMBER 2000</p>
<p>Occupation or position held</p>	<p>Deputy Director of the Institute</p>
<p>Main activities and responsibilities</p>	<p>Direct management (administrative) responsibilities; Direct supervision and mentoring of the staff, control of finances and other resources; Development of projects of research strategy and research infrastructure, business plans and organizational culture of the Institute; Administrative and scientific reporting at national councils, boards, meetings; Substitution of the Director of the Institute; Representation of the Institute in external and internal events relevant to the interest of the Institute.</p>
<p>Name and address of employer</p>	<p>Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania</p>
<p>Type of business or sector</p>	<p>Scientific research in biomedicine</p>

ADMINISTRATIVE

in a management function at others levels

Dates	02 FEBRUARY 2004 – 04 NOVEMBER 2012 01 OCTOBER 1994 - 01 APRIL 2001
Occupation or position held	Chairman of the Council of the Institute
Main activities and responsibilities	Supervision of the Institute's scientific research and administrative management; Development and control of the research strategy for the institute; Acceptance of annual reports of Director of the Institute, Heads of the Departments and Senior Financial Officer; Development and control of the research strategy for the Institute and new scientific research projects; Chairing the elections for the positions of the Director, Deputy Director and Heads of Departments; Representation of the Institute at the Association of the scientific research institutions of Lithuania, national and international scientific councils and boards.
Name and address of employer	Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania
Dates	02 FEBRUARY 2007 – 01 MAY 2012
Occupation or position held	Head of Department of Clinical Physiology Head of Sleep Medicine Center
Main activities and responsibilities	Direct administrative and scientific research management of the staff of the Department; Conducting of research and research projects applications; Organization of conferences, meetings and workshops; Supervising research staff, post-graduate students; Scientific expertise; Scientific and administrative reporting.
Name and address of employer	Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania
Type of business or sector	Scientific research in biomedicine
Dates	JUNE 1999 – JANUARY 2007
Occupation or position held	Head of Department of Psychosomatic Disturbances and Sleep Research Head of Sleep Medicine Center
Main activities and responsibilities	Direct administrative and scientific research management of the staff of the Department; Conducting of research and research projects applications; Organization of conferences, meetings and workshops; Supervising research staff, post-graduate students; Scientific expertise; Scientific and administrative reporting.
Name and address of employer	Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania
Type of business or sector	Scientific research in biomedicine

Work experience

SCIENTIFIC RESEARCH

Dates	JUNE 1996 – UP TILL NOW
Occupation or position held	Chief Scientific Research Associate Head of Sleep Medicine Center
Main activities and responsibilities	Administrative and scientific research management of the department, conducting research, supervising post-graduate students, scientific expertise, management of health research and preventive projects
Name and address of employer	Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania. From 2012-05-01 Institute of Behaviour Medicine at the Lithuanian University of Health Sciences
Type of business or sector	Scientific research in biomedicine
Dates	13 JANUARY 1983 – JUNE 1999
Occupation or position held	Senior Scientific Research Associate
Main activities and responsibilities	Organisation of research work in the laboratory, experimental research, management of health research and preventive projects

Name and address of employer	Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania
Type of business or sector	Scientific research in biomedicine
Dates	26 JANUARY 1978 - 13 JANUARY 1983
Occupation or position held	Junior Scientific Research Associate, Laboratory of Neuropsychology
Main activities and responsibilities	Conducting research work
Name and address of employer	Palanga Department of the Institute of Physiology and Pathology of Cardiovascular system c/o Kaunas Medical Institute, Vyduno Str. 4, Palanga LT-00135, Lithuania
Type of business or sector	Scientific research in biomedicine

Work experience

ACADEMIC EXPERIENCE

Dates	1 SEPTEMBER 1995 – UP TILL NOW
Occupation or position held	Professor
Main activities and responsibilities	Postgraduate training courses for physicians (Cardiovascular system in sleep; Insomnia; Sleep apnea; Functional testing of cardiovascular system; Cardiovascular rehabilitation; Stroke prevention and control; Health related quality of life) Doctoral studies (Biomedicine); supervising doctoral students Management of health research and preventive projects
Name and address of employer	Kaunas University of Medicine, Centre of Postgraduate Training, Mickeviaus Str. 9, Kaunas LT-44307, Lithuania
Type of business or sector	University education

Dates	01 SEPTEMBER 1993 – 30 JUNE 2004
Occupation or position held	Professor
Main activities and responsibilities	Planning courses, teaching students, assessment (Pastoral Medicine) Management of community based health preventive project
Name and address of employer	Vytautas Magnus University, Theological Faculty, Donelaicio Str. 58, Kaunas LT-44248, Lithuania
Type of business or sector	University education (Master's and Doctoral studies)

Dates	1 SEPTEMBER 1995 – 30 JUNE 2003
Occupation or position held	Professor
Main activities and responsibilities	Planning and renewing courses, teaching, assessing (General Rehabilitation, Pastoral Medicine)
Name and address of employer	Institute for Religious Studies of Catholic Theological Faculty at Vytautas Magnus University, Vilniaus Str. 11, Kretinga, LT- 97131 Lithuania
Type of business or sector	University education (Bachelor studies)

Dates	1 SEPTEMBER 1993 – 30 JUNE 1998
Occupation or position held	Professor
Main activities and responsibilities	Planning and renewing courses, teaching, assessing (Restoration of physiological functions and sport activities)
Name and address of employer	Vilnius Pedagogical University, Faculty of Life Sciences, Studentu Str. 39, Vilnius LT-08106, Lithuania
Type of business or sector	University education (Bachelor and Master's studies)

Work experience

CLINICAL EXPERIENCE

Dates	5 MARCH 2007 – UP TILL NOW
Occupation or position held	Head of the Sleep Medicine Centre

Main activities and responsibilities	Clinical work, management of sleep laboratory, supervision of physicians-residents
Name and address of employer	Klaipeda University Hospital, Liepojos 41, Klaipeda, LT-92288, Lithuania
Type of business or sector	Medicine
Dates	1 MARCH 1993 – 25 JUNE 2004
Occupation or position held	Physician-Cardiologist
Main activities and responsibilities	Clinical work with cardiac patients (pts after acute myocardial infarction, pts after cardiac surgery, PTCA) and patients with depression, panic disorders, sleep disorders
Name and address of employer	Rehabilitation Hospital c/o Institute of Psychophysiology and Rehabilitation, Vyduno Str. 4, Palanga LT-00135, Lithuania
Type of business or sector	Medicine (Medical Rehabilitation)
Dates	14 JANUARY 1983 – 28 FEBRUARY 1993
Occupation or position held	Cardiologist
Main activities and responsibilities	Cardiovascular rehabilitation of patients after acute myocardial infarction, cardiac surgery, PTCA etc)
Name and address of employer	Cardiovascular Rehabilitation Department of Klaipeda Red Cross Hospital. S.Neries Str. 3, Klaipeda LT-92231, Lithuania
Type of business or sector	Medicine (Medical Rehabilitation)
Dates	1 AUGUST 1974 – 15 FEBRUARY 1978
Occupation or position held	Physician (Otorhinolaryngology)
Main activities and responsibilities	Clinical work in hospital, care and management of patients
Name and address of employer	Silale Hospital, Vytauto Didziojo Str. 19, Silale, LT-75132 Lithuania
Type of business or sector	Medicine
Dates	1 AUGUST 1973 – 29 JULY 1974
Occupation or position held	Physician-resident
Main activities and responsibilities	Otorhinolaryngology, Care and management of patients
Name and address of employer	Kaunas City Hospital, Hipodromo Str. 13, Kaunas, LT-45130, Lithuania
Type of business or sector	Medicine
Education and training	
Dates	17 February 2004
Title of qualification awarded	Medical License (Cardiology), 01960
Principal subjects/occupational skills covered	Professional skills in cardiology
Name and type of organisation providing education and training	Ministry of Health of Lithuania, Vilniaus Str. 33, Vilnius LT-01119, Lithuania
Level in national or international classification	National
Dates	11 June 1999
Title of qualification awarded	Professor's title (Diploma)
Principal subjects/occupational skills covered	Biomedical Sciences (General Rehabilitation, Computers in Medicine, Pastoral Medicine)
Name and type of organisation providing education and training	Senate of Vytautas Magnus University, Donelaicio Str. 58, Kaunas LT-44248, Lithuania

Level in national or international classification	Highest pedagogical title
Dates	24 March 1999
Title of qualification awarded	Medical License (Cardiology), 01960
Principal subjects/occupational skills covered	Professional skills in cardiology
Name and type of organisation providing education and training	Ministry of Health of Lithuania, Vilniaus Str. 33, Vilnius LT-01119, Lithuania
Level in national or international classification	National
Dates	18 February 1998
Title of qualification awarded	Supreme Category in Cardiology (Diploma)
Principal subjects/occupational skills covered	Professional skills in cardiology
Name and type of organisation providing education and training	Ministry of Health of Lithuania, Vilniaus Str. 33, Vilnius LT-01119, Lithuania
Level in national or international classification	Highest physician category
Dates	13 September 1991
Title of qualification awarded	Habilitated doctor of sciences (Diploma)
Principal subjects/occupational skills covered	Medicine. Title of doctoral thesis: Autonomic heart rate control and hemodynamics during sleep (Results of monitoring and computerization of analysis).
Name and type of organisation providing education and training	Scientific Council of Kaunas University of Medicine, Mickeviciaus Str. 9, Kaunas LT-44307, Lithuania
Level in national or international classification	Highest research degree
Dates	1 September 1995 – 31 September 1995
Title of qualification awarded	Certificate: Clinical Echocardiography
Principal subjects/occupational skills covered	Theoretical and practical knowledge in echocardiography, clinical examination
Name and type of organisation providing education and training	Vilnius University, Faculty of Medicine, Universiteto Str. 3, LT-01513, Vilnius, Lithuania
Level in national or international classification	Professional development
Dates	4 September 1985
Title of qualification awarded	Title of a Senior Research Associate (Diploma)
Principal subjects/occupational skills covered	Cardiology. Scientific research in the field of autonomic heart rate control and cardiovascular system during sleep in coronary artery disease patients
Name and type of organisation providing education and training	Scientific Council of the Institute of Physiology and Pathology of Cardiovascular system c/o Kaunas Medical Institute, Sukileliu Str. 17, Kaunas LT-3007, Lithuania
Level in national or international classification	Medium research title
Dates	1 September 1985 – 30 November 1985
Title of qualification awarded	Certificate: Clinical Cardiology
Principal subjects/occupational skills covered	Theoretical and practical knowledge in cardiology, clinical examination

Name and type of organisation providing education and training	Vilnius University, Faculty of Medicine, Universiteto Str. 3, LT-01513, Vilnius, Lithuania
Level in national or international classification	Professional development
Dates	10 December 1982
Title of qualification awarded	Doctor of Sciences (Diploma)
Principal subjects/occupational skills covered	Medicine. Title of doctoral thesis: Autonomic heart rate control during sleep stages in healthy subjects and coronary artery disease patients
Name and type of organisation providing education and training	Scientific Council of Kaunas University of Medicine, Mickeviciaus Str. 9, Kaunas LT-44307, Lithuania
Level in national or international classification	First research degree
Dates	1 August 1973 – 30 July 1974
Title of qualification awarded	Certificate in Otorhinolaryngology (Physician)
Principal subjects/occupational skills covered	Medical resident. Theoretical and practical knowledge in otorhinolaryngology, clinical examination of patients, care, and management of patients' treatment
Name and type of organisation providing education and training	Kaunas University of Medicine, Centre of Postgraduate Training, Mickeviciaus Str. 9, Kaunas LT-44307, Lithuania
Level in national or international classification	Professional development
Dates	1 September 1967 – 28 June 1973
Title of qualification awarded	Diploma of General Medical Education (Physician)
Principal subjects/occupational skills covered	Theoretical and practical knowledge in medicine, clinical examination of patients, management of patients' treatment
Name and type of organisation providing education and training	Kaunas University of Medicine, Centre of Postgraduate Training, Mickeviciaus Str. 9, Kaunas LT-44307, Lithuania
Level in national or international classification	First professional qualification

Personal skills and competences

Mother tongue(s) **LITHUANIAN**

Other language(s)

Self-assessment
European level ()*

English

Russian

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user
C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user

(*) [Common European Framework of Reference \(CEF\) level](#)

Social skills and competences

- Leadership skills (medical societies and research organisations)
- Team work (international projects research work, EU, NATO and other experts groups)
- Networking (during studies and at work, at conferences, interdisciplinary contacts)
- Presentation skills and rhetoric (national and international conferences)
- Reporting skills
- Medical and general communication
- Working in multinational groups (work in international projects; scientific expertise and evaluation of international projects)

Organisational skills and competences	Administration and management of people Budgeting and financial reporting Organizational management Information management Innovation adoption Organization of public tender (EC training course on Public Tender in 2003-2004) Organization of national and international workshops, meetings, and conferences
Technical skills and competences	Conversant with medical technique. multimedia
Computer skills and competences	Conversant with computers (<i>WINDOWS XP, WORD, POWER POINT, EXCEL, STATISTICA, HTML, XML, WINFAX, Scan Soft Paper Port, PESS-System, Rivet-System etc</i>)
Artistic skills and competences	Building and construction design; photography
Other skills and competences	Certificate in public tender (Training courses "Regional Training Programme workshop of the European Commission DG Enlargement-TAIEX "Overview of the EU acquis on Public Procurement and state of play of transposition and implementation in Lithuania (2003) and "Regional Training Programme workshop of the European Commission DG Enlargement - TAIEX "Management, strategy and experience in Public Procurement"(2004)
Driving licence	Category B from 1977
Additional information	
Annexes	ANNEX 1 MANAGERIAL AND SCIENTIFIC ACTIVITIES ANNEX 2 PUBLICATION LIST

MANAGERIAL AND SCIENTIFIC ACTIVITIES

Member of standing expertise bodies

2004–2014 – Member of COST Domain Committee on Biomedicine and Molecular Biosciences

2004–2011 – Member of the NATO RTA Human Factors and Medicine Panel

2002–2009 – Expert of Lithuanian State Science and Studies Foundation (Biomedical Sciences)

2000–2001 – Advisory member of the Panel on Life Science and Technology of NATO Science Programme

2000–2010 – Member of the Council for Military Research and Technologies at the Ministry of Defence of Lithuania

2000–2002 – Member of the Council for management of patients' and disabled people rehabilitation in Lithuania at the Ministry of Health of the Republic of Lithuania

2005–2010 – Senator of the Senate of Vytautas Magnus University

2001–2005 – Senator of the Senate of Kaunas University of Medicine

Expert-Evaluator in EC Framework and other European programmes

2008-16 – Expert in Eurostars projects (EUREKA)

2011-15 – Expert for FP7 Marie Curie Actions "Initial Training Networks" (ITN) - Economic Social & Human sciences (ESH)

2013-14 – Expert for the evaluation of proposals under an action of the General Secretariat for Research & Technology (GSRT) aiming to the formulation of a National Roadmap for Research Infrastructures (RIs) – National Strategy for Research & Innovation and is among the ex-ante conditionalities, set by DG Regio of the European Commission, for the allocation of Structural Funds (and more specifically, ERDF) for Research & Innovation within the period 2014-2020 in Greece

2011-13 – Assessment of European Science Foundation Exploratory workshop proposals

2012 – Expert for the evaluation of Science & Technology proposals submitted to the recent national call under the Action "COOPERATION 2011 – Partnerships of Production and Research Institutions in Focused Research and Technology Sectors" of the Special Agency for the Management & Implementation of Research, Technological Development & Innovation Actions, a Greek governmental agency under the Ministry of Education, Lifelong Learning and Religious Affairs

2009-13 – Expert for FP7 "Marie Curie Actions "Initial Training Networks" (ITN) - Economic Social & Human sciences (ESH)

2009-11 – Expert Evaluators Panel for FP7 Call Integrated Projects (IPs) submitted to the Objective 5.1 - Personal Health Systems

2009-10 – Expert Evaluator for European Science Foundation, European Space Agency's (ESA) Human Space Flight directorate in the field of Cardiovascular and respiratory systems

2008 – Expert for FP7 Marie Curie Actions "Initial Training Networks" (ITN) - Economic Social & Human sciences (ESH) Panel

2007 – Expert for FP7 Marie Curie Actions "Initial Training Networks" (ITN) - Economic Social & Human sciences (ESH) Panel – 2nd step evaluations

2007 – Expert for first round of the European Research Council Starting Grants (IDEAS) evaluation

2007 – Expert for FP7 Marie Curie Actions "Initial Training Networks" (ITN) - Economic Social & Human sciences (ESH) Panel - 1st step evaluation

2007 – Expert Evaluators Panel for FP7 Call1 Integrated Projects (IPs) submitted to the Objective 5.1 - Personal Health Systems for Monitoring and Point of Care Diagnostics

2006 – Expert Evaluators Panel for FP6-2005-Mobility-1 Marie Curie Research Training Networks (*Social and Humanities Panel*) Evaluation Stage 2

2006 – Evaluation of the proposal for Scientific Programme from European Science Foundation

2005 – Expert Evaluators Panel for FP6-2005-Mobility-1 Marie Curie Research Training Networks (*Social and Humanities Panel*) Evaluation Stage 1

2005 – Expert Evaluators Panel for Co-operative Research proposals submitted under the Horizontal Research Activities involving SMEs

2004 – Expert Evaluators Panel for FP6-2002-Mobility-1 Marie Curie Research Training Networks (*Social and Humanities Panel; Life and Environment Panel; Engineering Panel*)

2004 – Expert Evaluators Panel for Co-operative Research under the Horizontal Research Activities involving SMEs FP6-2002-SME1 (Health Sector)

2003 – Expert of EC FP 6 HRM RTN - Life sciences (Marie Curie Research Training Networks)

2001 – Expert of Proposals for Accompanying Measures of the Programme Quality of Life and Management of Living Resources (QoL) Panel 4 - Key Action 2 and Generic Activities

2000 – Expert of EC Framework Programme IV on "Coping with functional limitations" within the Key Action "The Ageing Population and Disabilities" of the Quality of Life Programme

Other expertise

2008–2010 – Member of Advisory Research Board of the Project AMILOIDE: Detection of pathogenic beta-amyloidal oligomers in detection of Alzheimer disease (Granted from Lithuanian State Science and Studies Foundation)

2002–2005 – Member of Advisory Research Board of the Project HOMOTECH: Innovative technology and equipment for human health (Granted from Lithuanian State Science and Studies Foundation)

2001–2002 – Expert of scientific research programmes funded by European Social Fund Agency (Lithuania)

Peer review in research journals

Biological Psychology, Human Physiology, Health Sciences (Lith), Medicine (Lith.)

Scientific research topics

Heart rate autonomic control in healthy subjects and cardiac patients

Computer-assisted heart rate variability analysis and its clinical application

Cardiovascular consequences of sleep apnea syndrome

Psychoemotional status (depression & anxiety), sleep disturbances and cardiovascular pathology

Development and management of "Stroke prevention and control programme"

Long-term cardiovascular rehabilitation programme

Development and management of project on "Prevalence of insomnia, depression and cardiovascular pathology in west part of Lithuania

Development of a core heart disease instrument for patient-perceived health-related quality of life"

Development and management of community based health projects in prevention of cardiac diseases stroke and sleep disturbances

Methodological aspects of community based rehabilitation (Disabilities) and assessment of quality of life

Influence of environment (Climate and meteorological factors) on human health

Assessment of cardiovascular adaptability and fatigue in sleep-wake cycle

Operator functional state assessment

Human engineering

Scientific research projects

2013-2016 – **Leonardo da Vinci Multilateral projects for Development of Innovation (Life long Learning Programme)** – „SOS – Stress on Ships“

2004-2014 – **PanEuropean project** „European Sleep Apnea DataBase (ESADA)“ **coordinated by Gotheburg University**

2012-2015 – LR Švietimo ir mokslo ministerijos finansuojamas Klaipėdos universiteto projektas „Lietuvos jūrinio sektoriaus technologijų ir aplinkos tyrimų plėtra: Jūros aplinkos ir technologijų poveikis ergonominių sistemų stabilumui, užtikrinant darnią žmogaus, aplinkos ir laivo mašinų sąveiką“ (Klaipėdos universitetas)

2012-2014 – Lithuanian Science Foundation Programme on Noncommunicable diseases, Repeated Epidemiological Project „Relations among heart diseases, psychoemotional and sleep disturbances; their impact on life quality“

2012-2013 – **Lithuanian-Ukraine joint Project** on „Investigation of long term heart rate records and development of software for sleep stages identification.“

2010-2011 – **German Federal Ministry of Education and Research** "Baltic Sea Region Sleep and Breath Project"

2004-2010 – **European Science Foundation COST** Acton B26 „Obstructive sleep apnea“

2004-2009 – **European Science Foundation COST** Action B27 „Electrical neural oscillations and cognition“

2004-2009 – **Framework Programme 6** IST 2.3.1.2 Micro and Nano sensors. IST Integrated Project **SENSATION** - Proposal/Contract No.: 507231 "Advanced sensor development for attention, stress, vigilance & sleep/wakefulness"

2003-2004 – **Framework Programme 5** IST Project IST-2001-37092 **CONSENSUS** "Promoting CONSENSUS in assessing driving ability of PSN through common methodologies and normative tools

2002-2005 – **Framework Programme 5** GROWTH Project No. G5RD-CT-2002-00690 **B-SENS** "Magnetostrictive Bilayers for Multifunctional Sensor Family"

2003-2005 – **European Society of Cardiology** (Working Group on Cardiac Rehabilitation & Exercise Physiology and The European Health Psychology Society, in collaboration with the Center for Urban Population Health, College of Health Sciences, University of Wisconsin Medical School, and Aurora Health Care). A European collaborative project on "Development of a core heart disease instrument for patient-perceived health-related quality of life"

2005-2009 – **NATO RTO** Panel on Human Factors and Medicine –Task Group - 134 on "Real-Time Physiological and Psycho-physiological Status Monitoring for Human Protection and Operational Health Applications"

2003 – **NATO RTO** Lecture Series 234 „Operator Functional State Assessment“. Kiev, Brussels, San Diego

2002-2006 – Task Force on "Sleep Disorders" of **World Federation of Societies of Biological Psychiatry**"

2000-2002 – **NATO RTO** Panel on Human Factors and Medicine – 056 / Task Group - 008 on "Operator Functional State Assessment"

1995-1996 – **Framework Programme 4** PECO Project ERBCIPDCT940241 "European Stroke Data Base"

1994-1995 – **COST Project** ERBCIPDCT930165, BMN1CTG21318 "Ischemic heart disease diagnostics using pharmacological echo stress test and assessment of heart rate variability

1993-1997 – Project supported by WHO European Regional Office on "Stroke prevention and control programme in Lithuania"

Scientific presentations at international and national meetings, workshops, symposia, conferences and congresses of the following societies and institutions: IX World Congress on Cardiology, International Congress on Electrocardiology, European Congress on Noninvasive Cardiovascular Dynamics, World Congress of Cardiac Rehabilitation, European Conference of the International Society of Non-invasive Cardiology, Congress of Polish Sleep Society, International Congress of Psychophysiology, European Congress on Sleep Research, Annual Meetings of American Professional Sleep Societies, Congress of World Psychiatric Association.

Invited speaker

Vienna University of Technology: 1. Application of heart rate variability for operator functional state assessment; 2. Application of heart rate variability in clinical settings. 2012.

NATO Lecture Series 234 „Operator Functional State Assessment“. Kiev, Brussels, San Diego. 2003.

VI Congress of Polish Sleep Research Society, June 28-30, 2004, Jurata, Gdansk, Poland. Sleep, depression and cardiovascular pathology.

NATO RTO HFM Workshop on "The Assessment and Prediction of Human Performance Degradation in Complex Tasks In Operator Functional State", 4-7 April, 2001, Ill Ciocco, Tuscany, Italy. Heart rate variability in the evaluation of functional status during training.

World Psychiatric Association International Thematic Conference on Diagnosis in Psychiatry: Integrating the Sciences. 19-22 June 2003, Vienna, Austria. Sleep disturbances and psychosomatic status in patients with coronary artery disease.

First Baltic Forum on Neuronal Regulation and Biofeedback, 2-3th July, 2004, Riga, Latvia. (Heart Rate Variability in the Evaluation of Functional Status (1). Autonomic heart rate control evaluated by means of Poincare plot analysis in cardiac patients with different dominating pathology (2 presentations).

Development and management of the programmes of the Ministry of Health of the Republic of Lithuania

Stroke prevention and control programme (1994)

Programme for quality of life improvement (2003)

Prevention and control programme for sleep disturbances and its impact on health (2004)

Prevention, diagnostic and treatment of sleep disturbances in persons after psychoemotional stress (2005)

Development of acute care and invasive cardiology and cardiosurgery in Klaipeda, Taurage and Telsiai districts (2005)

Development and management of the programmes of the Ministry of Defence of Lithuania

Preventive rehabilitation program for military service persons (2006)

Development and management of the programmes of the Klaipeda University Hospital

Stroke prevention and control programme (1995-up till now)

Primary and secondary prevention of cardiovascular diseases (2007-up till now)

Programmes in better sleep, mental health and quality of life (2007-up till now)

Development and management of the research programmes of the Institute of Psychophysiology and Rehabilitation

I. At the area of psychophysiology:

1. Autonomic heart rate control and hemodynamics in healthy subjects and ischemic heart disease patients (1994-1998 mm.):

* Baroreflex sensitivity and heart rate variability as markers of cardiac death

* Autonomic heart rate control and hemodynamics during individual sleep stages

* Autonomic heart rate control and hemodynamics during exercise tests

* Clinical and prognostic value of heart rate variability and hemodynamics changes during night sleep stages

* Development and clinical application of computer-aided heart rate variability analysis

* Elaboration of noninvasive computerised cardiovascular testing system based on analog ECG and impedance cardiogram input

2. Heart rate variability as a reflection of functional reserve for quick cardiovascular adaptation: relation to cardiac pathology, autonomic control and psychoemotional status (1999-2001)

3. Relation between sleep disturbances and cardiovascular pathology (2002-2006)

4. Development of strategy for diagnostics, treatment and prediction of psychoemotional status, sleep disorders and cardiac abnormalities during sleep (2004-2006)

5. Cardiovascular risk and pathophysiological mechanisms in CAD patients with sleep apnea and metabolic syndrome (2007-2011)

II. Biometeorology and human health (1994-2010 mm.):

1. An experimental model of medical meteorological forecasting system

2. An impact from biometeorological factors on cardiovascular system (mortality and morbidity from stroke in relation to biometeorology), possible mechanisms involved - investigation of changes in cardiovascular function by means of functional testing

III. At the area of rehabilitation (1994-2010 mm.):

1. Cardiac rehabilitation, particularly after complicated myocardial infarction (congestive heart failure, hypertension, cerebral blood flow disturbances, etc.) or coronary surgery, evaluation of patient's functional state, optimization of individual rehabilitation programme, evaluation of its efficiency and prognosis

2. Development and implementation of stroke prevention and control programme in cooperation with WHO Regional Office at Copenhagen

3. Cardiovascular rehabilitation strategy: relationship between primary and secondary health care level and implication of experimental model (management structure, legal and methodological aspects, rehabilitation process management, patient education and follow-up)

4. Cardiovascular rehabilitation programme after invasive correction of coronary hemodynamics and evaluation of its effectiveness (1999-2001)

5. Cardiovascular rehabilitation and its effectiveness in myocardial infarction patients after invasive correction of coronary hemodynamics:

Dependence from impairment location and pharmacological treatment (2002-2006)

6. Development of rehabilitation programme at primary and secondary health care level for children with heart diseases

7. Development and implementation of long-term cardiovascular prevention and rehabilitation programme

Development and management of the programmes of the Vytautas Magnus University

Development and management of community based health research project on quality of life and religion

Professional society membership

European Society Cardiology
ESC Workgroup on "Exercise Physiology and Cardiac Rehabilitation
European Association for Cardiovascular Prevention & Rehabilitation
World Federation of Sleep Research Societies
European Sleep Research Society
American Academy of Sleep Medicine
Sleep Research Society
World League of Hypertension
International Society of Electrocardiology
European Society of Non-invasive Cardiovascular Dynamics
Lithuanian Society Cardiology
Lithuanian Society of Physiology

Principal investigator in clinical trials

2009-2014 – SIGNIFY: Study assessInG the morbi-mortality beNefits of the I_f inhibitor ivabradine in patients with coronary arterY disease
2009-2010 – A Randomized, Double-Blind, Double-Dummy, Parallel Group Study to Compare YM150 bid and qd Doses and Enoxaparin for Prevention of Venous Thromboembolism in Subjects Undergoing Elective Hip Replacement Surgery
2005-2007 – BEAUTIFUL: Effects of Ivabradine on cardiovascular events in patients with stable coronary artery disease and left ventricular systolic dysfunction. A three-year randomized double-blind, placebo controlled international multicentre study CL3-16257-056
2002-2009 – ADVANCE: A factorial randomized trial of blood pressure lowering with a fixed low-dose perindopril-indapamide combination and intensive glucose control with a modified-release gliclazide-based regimen for the prevention of vascular disease among high risk individuals with type 2 diabetes. The George Institute for International Health
2001-2003 – A 12-week, multinational, double-blind, randomized, placebo controlled study to determine the efficacy and safety of HMR3480 (prlnacasan) in patients with osteoarthritis (OA) of the knee (HMR3480B/2001) Scope International AG
2002-2003 – Effect of once-a-day oral administration at bedtime of S 5492 (a delayed release formulation of perindopril) on safety and blood pressure in hypertensive adult patients: a non-comparative optional titration (4.4 or 8.8 miligrams) 6-month open study (CL3-05492-005-INT) Sticares InterACT
2002-2003 – A multicenter, randomized, prospective, non-blinded study to assess the efficacy and safety of sequential intravenous/oral moxifloxacin (BAY 12-8039) versus ceftriaxone with or without erythromycin in the treatment of patients with pneumonia requiring initial parenteral treatment (BAY 12-8039/10507 MOXIRAPID) Bayer
2001-2003 – PREVENT: Prospective Evaluation of Delteparin Efficacy for prevention of VTE in Immobilized Patients Trail (PREVENT 524E-CVD-0042-033) Pharmacia – Quintiles
2001-2002 – Comparison of the efficacy and safety of Metozoc GEA vs Selo-Zok AstraZeneca in mild to moderate hypertension

Organization of Meetings, Workshops and Conferences

4th Regional Congress for Eastern and Central Europe of Biological Psychiatry "STRESS AND PSYCHOENDOCRINE CHANGES ACROSS THE LIFE CYCLES" June 15-17, 2006. (*Member of the Scientific Committee*)

Workshop of the **First Baltic Forum on Neuronal Regulation and Biofeedback**, Riga, Latvia, July 2-3, 2004. (*Member of the Scientific Committee*)

International Scientific and Practical Symposium "**Heart rate variability: from the courageous ideas to practical implementation**" April 17-18, 2003, Kharkiv, Ukraine (*Member of the Scientific Committee*)

Second Virtual Congress on Heart Rate Variability, 2003. www.hrvcongress.org (*Member of the Scientific Committee*)

3th Regional Congress for Eastern and Central Europe of Biological Psychiatry "INTEGRATED VIEW INTO PSYCHOSOMATIC DISEASES: DIAGNOSTIC AND TREATMENT" October 10-12, 2002. (*Member of the Scientific Committee*)

First Virtual Congress on Heart Rate Variability, 2001. www.hrvcongress.org (*Member of the Scientific Committee*)

Workshop of IST Project "**Promoting CONSENSUS in Assessing Driving Ability of PSN Through Common Methodologies and Normative Tools**", 11-12 December, 2003. Vilnius, Lithuania. (*Member of Organizing Committee*)

Satellite Conference on "**Promoting CONSENSUS in Assessing Driving Ability of PSN through Common Methodologies and Normative Tools in Lithuania**". Institute Psychophysiology and Rehabilitation. Ministry of Transport and Communications. 11 December 2003. Vilnius, Lithuania. (*Chairman of Organizing Committee*)

Conference on "**Quality of Life in Lithuanian People**", Vilnius University Faculty of Medicine, Center of Gerontology and Rehabilitation at Institute of Experimental and Clinical Medicine at Vilnius University, Lithuanian Society of Gerontology and Geriatric, Institute of Psychophysiology and Rehabilitation c/o Kaunas University of Medicine, 26 November, 2003. Vilnius, Lithuania. (*Member of Organizing Committee*)

3rd Baltic Regional Symposium of Biological Psychiatry on „Integrative Approach to Physical and Mental Disorders, Diagnosis and Management“, Lithuanian Society of Biological Psychiatry (LSBP) and Educational Committee of the World Federation of Societies of Biological Psychiatry (WFSBP) In collaboration with Psychiatric Clinic, Vilnius University, Institute of Psychophysiology and Rehabilitation, Institute of Endocrinology, Kaunas Medical University, Klaipeda Hospital. October 10-12, 2002, Klaipeda-Palanga, Lithuania. (*Member of the Scientific Committee*)

Meeting of NATO RTO Human Factors and Medicine Panel Task Group 008 on **“Operator Functional State Assessment”**, 10-11 September, 2001, Palanga, Lithuania. (Chairman of the Organizing Committee)

5-th Biennial International Symposium **“Arrhythmia Lithuania 2000”**, Klaipeda, Lithuania, September 25-26, 2000. (Member of the Scientific Committee)

1st-7th Annual Conferences of the Institute of Psychophysiology and Rehabilitation c/o Kaunas University of Medicine, December 2001-2007, Palanga, Lithuania. (Chairman of the Organizing Committee)

International Conference on **„Stroke“**, Klaipeda City Hospital. Institute Psychophysiology and Rehabilitation, 20-21 March, 1998, Klaipeda-Palanga, Lithuania. (Secretary of the Scientific Committee)

Satellite Symposium on **“Heart Rate Variability”**, September 27, 1998, Palanga, Lithuania at 4-th Biennial International Symposium “Arrhythmia Lithuania '98”, Kaunas, Lithuania, September 25-26, 1998. (Secretary of the Scientific Committee)

Satellite Symposium “Rehabilitation: Medical and Social Aspects” at VIII Congress of Physicians of Lithuania. Institute of Psychophysiology and Rehabilitation, 4-6 May, 1992, Palanga, Lithuania. (Secretary of the Scientific Committee)

Teaching activities

Courses of Master Studies: Restoration of physiological functions and sport activities; Cardiovascular function and sport

Courses of Bachelor Studies: General Rehabilitation; Pastoral Medicine

Postgraduate Teaching Courses:

Cardiovascular pathology and sleep; Insomnias: Diagnosis and treatment; Stroke prevention and control programme; Assessment of quality of life; Cardiovascular rehabilitation; Assessment of functional state using complex functional testing of cardiovascular system; Sleep apnea and cardiovascular consequences

**Publication list
of the most important papers and books**

INTERNATIONAL BOOKS AND CHAPTERS

1. Wilson G., Grandt M., Svensson E., Schlegel R.E., Veltman H., Van Orden K.F., **Varoneckas G.**, Burov A., Edgar G., Beaumont M., Fraser W. Operator Functional State Assessment. Hampton: NASA Langley Research Center. 2004. 220 p.
2. **Varoneckas G.** Heart rate variability in the evaluation of functional status during training // Operator Functional State: The Assessment and Prediction of Human Performance Degradation in Complex Tasks. Amsterdam, The Netherlands: IOS Press, 2003. ISBN 1 58603 362 X. p. 90-106.
3. **Varoneckas G.** Restorative function of sleep and fatigue // Operational Fatigue. NATO Research and Technology Organisation. RTO-MP-HFM-151 O, ISBN 9789283700678. 2007. p. 10-1-10-14. <<http://ftp.rta.nato.int/public//PubFullText/RTO/MP/RTO-MP-HFM-151/MP-HFM-151-10.doc>>.
4. **Varoneckas G.** Monitoring of heart rate variability for assessment of fatigue and restoration during sleep: Heart rate variability and restoration during sleep // Real-Time Physiological Psycho-physiological Status Monitoring for Human Protection and Operational Health Applications / NATO RTO HFM-132 Technical Report. 2010. 3-5-1 – 3-5-10.
5. Andruskiene J., **Varoneckas G.** Sleep, depression and quality of life in coronary artery disease: Prevalence symptoms and prevention. Lambert Academic Publishing. ISBN. 978-3-8383-3043-3. 2010. 64 p.

CHAPTERS IN OTHER BOOKS

6. **Varoneckas G.**, Zemaityte D., Zukauskas A., Ozeraitis E.R., Stankus A. / Варонецкас Г., Жемайтите Д., Жукаускас А., Ожерайтис Э., Станкус А. Задачи анализа ритмограмм, зарегистрированных во время ночного сна // Статистические проблемы управления; Система распознавания ритмограмм сердца на базе мини-ЭВМ. Вильнюс, 1979. p. 71-93.
7. **Varoneckas G.**, Zukauskas A., Ozeraitis E., Paulavicius G. / Варонецкас Г., Жукаускас А., Ожерайтис Э., Паулавичюс Г. Автоматизированный анализ сердечного ритма во время сна // Теория и практика автоматизации электрокардиологических и клинических исследований. Матер. симпозиумов специалистов стран-членов СЭВ по теме 2.2.9 комплексной проблемы: Сердечно-сосудистые заболевания. Сентябрь. Каунас. 1981. с. 127-133.
8. **Varoneckas G.**, Zemaityte D., Kuliukas V. / Варонецкас Г. А., Жемайтите Д. И., Кулюкас В. В. Изменение некоторых электрофизиологических показателей на внушаемые психострессовые раздражители у больных ишемической болезнью сердца // Анализ сердечного ритма: [сборник статей]. Вильнюс: Мокслас, 1982. p. 74-83.
9. **Varoneckas G.**, Zemaityte D. / Варонецкас Г. А., Жемайтите Д. И. Особенности динамики ритмограмм во время различных стадий и фаз сна // Анализ сердечного ритма: [сборник статей]. Вильнюс: Мокслас, 1982. p. 52-74.
10. Жемайтите Д., **Варонецкас Г.**, Брожайтене Ю., Кепеженас А. Особенности вегетативной регуляции сердечного ритма в норме и патологии // Саморегуляция функций и состояний (нейрофизиологические, психологические аспекты) / Ред. Н. Н. Василевский. Ленинград. 1982. с. 94-108.
11. Жемайтите Д., **Варонецкас Г.**, Жилюкас Г., Закарявичюс Л., Ожерайтис Э. Синхронный анализ сердечного ритма, ударного и минутного объема крови, используя систему автоматизированного анализа ритмограмм и импедансный кардиомонитор КМИ-01 // Статистические проблемы управления. Опознавание функционального состояния сердца / Ред. Л. Телькснис. Вильнюс. 1983. Вып. 62. с. 92-103.
12. Жемайтите Д., **Варонецкас Г.**, Жилюкас Г., Ожерайтис Э., Закарявичюс Л., Плаушка К., Валвонене В., Брожайтене Ю., Палайтис Р. Автоматизированный анализ сердечного ритма и показателей центральной гемодинамики // Статистические проблемы управления / Ред. Л. Телкснис. Вильнюс. 1984. Вып. 67. с. 44-63.
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24. **Varoneckas G.** Specificity of integration of disabled people (Lith) // Development of catholic community in school. Political position of catholic-teacher / Varoneckas G. Neigalių žmonių integracijos specifika // Katalikiškosios mokyklos bendruomenės kūrimas. Mokytojo kataliko politinė pozicija. Kaunas. 1997. p. 151-158.
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29. Buta A., Meiziene R., **Varoneckas G.**, Brozaitiene J., Zemaityte D. The relationship between anxiety, depression and autonomic heart rate control in cardiovascular disease patients // Heart Rate Variability and Cardiovascular Pathology. Palanga. 1999. pP. 201-216.
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32. Zemaityte D., **Varoneckas G.**, Ozeraitis E., Podlipskyte A., Valyte G., Zakarevicius L. Discrimination between sinus and ectopic rhythms: Heart rate Poincare plots and their hemodynamic correlates // Heart Rate Variability: Poincare Plots in Evaluation of Heart Rate Autonomic Control / Ed. D. Zemaityte. ISBN 9955946717. Kaunas. 2002. p. 30-45.
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38. Zemaityte D., **Varoneckas G.**, Brozaitiene J., Ziliukas G., Martinkenas A., Podlipskyte A. Autonomic control of cardiovascular system and efficacy of rehabilitation of IHD patients after coronary artery bypass graft surgery and acute myocardial infarction // Heart Rate Variability: Poincare Plots in Evaluation of Heart Rate Autonomic Control / Ed. D. Zemaityte. Kaunas. ISBN 9955946717. 2002. p. 165-180.
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2. **Varoneckas G.** World project on sleep and health. Educational material for treatment of sleep disturbances (Translated into Lithuanian) // Gydymo menas / Varoneckas G. Pasaulinis miego ir sveikatos projektas. Miego sutrikimų gydymo mokymo rinkinys: Miego higiena ir elgesio terapija / G. Varoneckas // Gydymo menas. Kaunas: Sveikatingumo ir medicinos reklamos centras. (Gydytojui praktikai). ISSN 1392-527X. 2002, Nr. 04(80), tęsinys: Nr. 05; 06, p. 50-53; 26-29; 56-59.

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